



## School Year 2018-2019

### Allergens and Carbohydrate Elementary

Breakfast Entrees (per serving)	Kcal	Carbs (g)	Carbs Svg	Egg	Gluten	Milk	Peanut	Shellfish/F ish	Soy	Tree Nuts	Wheat
Banana Squares (1)	260	38	2.5	Egg	Glu	Milk					Wheat
Blueberry Squares (1)	230	35	2.3	Egg	Glu	Milk					Wheat
Breakfast Pizza	210	21	1.4		Glu	Milk					Wheat
Burrito, Bean & Cheese	375	58	3.9		Glu	Milk					Wheat
Beans	160	27	1.8								
Cheese	45	0	0			Milk					
Flour Tortilla	170	31	2.1		Glu						Wheat
Burrito, Egg & Cheese	285	32	2.1	Egg	Glu	Milk					Wheat
Egg	75	1	0.1	Egg		Milk					
Cheese	40	0	0			Milk					
Flour Tortilla	170	31	2.1		Glu						Wheat
Burrito, Egg & Chorizo	265	33	2.3	Egg	Glu	Milk					Wheat
Egg	75	1	0.1	Egg		Milk					
Chorizo	20	1	0.1								
Flour Tortilla	170	31	2.1		Glu						Wheat
Burrito, Egg & Ham	261	32	2.1	Egg	Glu	Milk					Wheat
Egg	75	1	0.1	Egg		Milk					
Ham	16	0	0								
Flour Tortilla	170	31	2.1		Glu						Wheat
Cereal, Apple Cinnamon Cheerios	110	22	1.5								
Cereal, Cinnamon Toast Crunch	110	22	1.5		Glu				Soy		Wheat
Cereal, Cocoa Puffs	110	25	1.7								
Cereal, Honey Nut Cheerios	110	22	1.5							Almonds	
Cereal, Trix	110	24	1.6								
Chicken Slider, Breakfast	280	28	1.9		Glu				Soy		Wheat
Chicken Pattie	190	12	0.8		Glu				Soy		Wheat
Slider Bun	90	16	1.1		Glu				Soy		Wheat
Cinnamon Rolls w/glaze *	200	35	2.3	Egg	Glu				Soy		Wheat
Cinnamon rolls w/o glaze	170	27	1.8	Egg	Glu				Soy		Wheat
Coffee Cake (Crumb Cake)	220	38	2.5	Egg	Glu	Milk					Wheat
Eggs, Scrambled	75	2	0.1	Egg		Milk					
French Toast Sticks (2)	240	38	2.5	Egg	Glu	Milk			Soy		Wheat
Grilled Cheese Sandwich	223	28	1.9		Glu	Milk			Soy		Wheat
Cheese	70	2	0.1			Milk			Soy		
Sliced bread (2)	140	26	1.7		Glu				Soy		Wheat
Margarine	13	0	0						Soy		
Oatmeal *	130	26	1.7		Glu						Wheat
Pancakes (1 each)	100	22	1.5	Egg	Glu	Milk					Wheat
Sausage Pattie, Pork (1)	120	0.5	0.0								
Texas Toast (no sugar)	70	14	0.9		Glu				Soy		Wheat
Texas Toast with cinnamon and sugar	95	20	1.3		Glu				Soy		Wheat
Yogurt - Danimals	80	16	1.1			Milk					
Yogurt Parfait w/Granola	272	62	4.1		Glu	Milk					Wheat
Vanilla Yogurt	100	20	1.3			Milk					
Frozen strawberries	80	22	1.5								
Granola	92	20	1.3		Glu						Wheat

<b>Breakfast Room Service Entrees</b>	<b>Kcal</b>	<b>Carbs (g)</b>	<b>Carbs Svg</b>	<b>Egg</b>	<b>Gluten</b>	<b>Milk</b>	<b>Peanut</b>	<b>Shellfish/Fish</b>	<b>Soy</b>	<b>Tree Nuts</b>	<b>Wheat</b>
BRS Apple Chia Bar	190	36	2.4	Egg	Glu	Milk					Wheat
BRS Bean Burrito	222	31	2.1		Glu	Milk			Soy		Wheat
BRS Breakfast Pizza	210	21	1.4		Glu	Milk					Wheat
BRS Chicken on a Biscuit, IW	230	28	2.1	Egg	Glu	Milk			Soy		Wheat
BRS Croissantwich	180	17	1.1	Egg	Glu	Milk			Soy		Wheat
BRS French Toast Sticks(2)	240	38	2.5	Egg	Glu	Milk			Soy		Wheat
BRS Fruit Pancakes, Blueberry	190	35	2.3	Egg	Glu	Milk			Soy		Wheat
BRS Hawaiian Sausage Sandwich	224	26	1.7	Egg	Glu	Milk			Soy		Wheat
BRS Mini Waffles	200	35	2.3	Egg	Glu	Milk			Soy		Wheat
BRS Morning Sausage	180	18	1.2	Egg	Glu	Milk			Soy		Wheat
BRS Strawberry Chia Bar	200	39	2.6	Egg	Glu	Milk					Wheat
BRS Strawberry Grahamwich	310	30	2.0		Glu		Peanuts		Soy		Wheat
BRS Strawberry Uncrustables	320	32	2.1		Glu		Peanuts				Wheat
<b>Lunch Entrees (per serving)</b>	<b>Kcal</b>	<b>Carbs (g)</b>	<b>Carbs Svg</b>	<b>Egg</b>	<b>Gluten</b>	<b>Milk</b>	<b>Peanut</b>	<b>Shellfish/Fish</b>	<b>Soy</b>	<b>Tree Nuts</b>	<b>Wheat</b>
Baked Chicken	110	2	0.1		Glu						Wheat
<i>Drumstick (1)</i>	110	0	0								
<i>Flour coating</i>	0	2	0.1		Glu						Wheat
BBQ Chicken (1 Drumstick)	130	5	0.3								
<i>Drumstick (1)</i>	110	0	0								
<i>BBQ</i>	20	5	0.3								
Bean Tapatias (2)	385	49	3.3			Milk					
<i>Beans</i>	160	27	1.8								
<i>Cheese</i>	55	0	0.0			Milk					
<i>Tostada Shells (2)</i>	170	22	1.5								
Beef Tacos (2)	370	19	1.3			Milk					
<i>Ground beef</i>	165	0	0								
<i>Cheese</i>	55	0	0			Milk					
<i>Taco Shells (2)</i>	150	19	1.3								
Cheeseburger	301	31	2.1		Glu	Milk			Soy		Wheat
<i>Beef Patty</i>	126	1	0.1								
<i>Cheese</i>	35	1	0.1			Milk			Soy		
<i>Hamburger Bun</i>	140	29	1.9		Glu				Soy		Wheat
Chicken Nuggets (5)	230	15	1.0		Glu				Soy		Wheat
Corn Dog	240	30	2.0	Egg	Glu				Soy		Wheat
Crispy Chicken Sandwich	400	45	3.0		Glu				Soy		Wheat
<i>Chicken Pattie</i>	260	16	1.1		Glu				Soy		Wheat
<i>Hamburger Bun</i>	140	29	1.9		Glu				Soy		Wheat
Deli Turkey Sandwich	285	28	1.9		Glu	Milk			Soy		Wheat
<i>Turkey Deli</i>	110	1	0.1								
<i>Cheese</i>	35	1	0.1			Milk			Soy		
<i>Sliced Bread (2)</i>	140	26	1.7		Glu						Wheat
Enchiladas, green sauce (2)	345	35	2.2		Glu	Milk					Wheat
Enchiladas, red sauce (2)	340	37	2.3		Glu	Milk					Wheat
Fish Nuggets (3)	188	20	1.3		Glu	Milk		Fish			Wheat
Hot Dog	300	28	1.9		Glu						Wheat
<i>Hot Dog</i>	170	2	0.2								
<i>Hot Dog Bun</i>	130	26	1.7		Glu						Wheat

<b>Eat Smart Box Items</b>												
<b>#1 – Cheese</b>	<b>350</b>	<b>24</b>	<b>1.6</b>		<b>Glu</b>							
Graham Honey Crackers	90	17	1.1		Glu					Soy		Wheat
Peanut Butter	200	6	0.4									
String Cheese	60	1	0.1			Milk		Peanuts				
<b>#1 – Yogurt</b>	<b>370</b>	<b>39</b>	<b>2.6</b>		<b>Glu</b>	<b>Milk</b>				<b>Soy</b>		<b>Wheat</b>
Graham Honey Crackers	90	17	1.1							Soy		Wheat
Peanut Butter	200	6	0.4					Peanuts				
Yogurt	80	16	1.1		Glu	Milk						
<b>#2</b>	<b>245</b>	<b>18</b>	<b>1.2</b>		<b>Glu</b>	<b>Milk</b>				<b>Soy</b>		<b>Wheat</b>
Turkey Ham	120	2	0.1									
Slice Cheese	35	1	0.05			Milk				Soy		
Slider Bun	90	16	1.06		Glu					Soy		Wheat
Mac & Cheese	220	24	1.6	Egg	Glu	Milk						Wheat
Orange Chicken	150	19	1.3	Egg	Glu					Soy		Wheat
PB & J Sandwich	370	40	2.6		Glu			Peanuts		Soy		Wheat
Peanut Butter	200	6	0.4					Peanuts				
Grape Jelly	30	8	0.5									
Sliced Bread (2)	140	26	1.7		Glu					Soy		Wheat
Picadillo Burrito	370	39	2.6		Glu							Wheat
Picadillo	200	8	0.5									
Flour Tortilla	170	31	2.1		Glu							Wheat
Pizza, Cheese only	360	35	2.3		Glu	Milk				Soy		Wheat
Pizza, Pepperoni	420	36	2.4		Glu	Milk				Soy		Wheat
Pulled Pork Sandwich	439	46	3.1		Glu					Soy		Wheat
Pulled Pork	299	17	1.1							Soy		
Hamburger Bun	140	29	1.9		Glu					Soy		Wheat
Salad, Crispy Chicken	285	22	1.5		Glu					Soy		Wheat
Chicken Pattie	260	16	1.1		Glu					Soy		Wheat
Vegetables	25	6	0.4									
Salad, Chicken Fajita	155	8	0.5							Soy		
Chicken Fajita	130	2	0.1							Soy		
Vegetables	25	6	0.4									
Salad, Chef	170	8	0.5							Soy		
Turkey Ham	50	0	0.0			Milk						
Turkey Deli	60	1	0.05									
Cheese	35	1	0.05			Milk				Soy		
Vegetables	25	6	0.4									
Salad, Tuna	145	7	0.5	Egg					Fish			
Tuna Salad	120	1	0.1						Fish			
Tuna	90	0	0.0						Fish			
Mayo	30	1	0.1	Egg								
Vegetables	25	6	0.4									
Spaghetti with Meat Sauce	330	31	2.1		Glu							Wheat
Meat Sauce	225	10	0.7									
Noodles	105	21	1.4		Glu							Wheat
Spaghetti with Meat Sauce (Commodity)	275	30	2.0		Glu					Soy		Wheat
Meat Sauce	170	9	0.6		Glu					Soy		Wheat
Noodles	105	21	1.4		Glu							Wheat
Steakburger	266	30	2.0		Glu					Soy		Wheat
Beef Pattie	126	1	0.1									
Hamburger Bun	140	29	1.9		Glu					Soy		Wheat
Steak Fingers (4)	320	19	1.3		Glu	Milk				Soy		Wheat
Stuffed Cheese sticks (2)	300	34	2.3		Glu	Milk						Wheat
Turkey Ham Sandwich	295	29	1.9		Glu	Milk				Soy		Wheat
Turkey Deli or Ham	120	2	0.13									
Cheese	35	1	0.06			Milk				Soy		
Sliced Bread (2)	140	26	1.7		Glu					Soy		Wheat

<b>Fruit (per ½ cup)</b>	<b>Kcal</b>	<b>Carbs (g)</b>	<b>Carbs Svg</b>	<b>Egg</b>	<b>Gluten</b>	<b>Milk</b>	<b>Peanut</b>	<b>Shellfish/Fish</b>	<b>Soy</b>	<b>Tree Nuts</b>	<b>Wheat</b>
Apple, fresh	60	15	1.0								
Applesauce, canned	50	16	1.1								
Applesauce, Cherry	50	14	0.9								
Applesauce, Cinnamon	50	14	0.9								
Applesauce, Peach Mango	50	14	0.9								
BRS Apple Slices	30	7	0.5								
Banana	110	27	1.8								
Blueberries, frozen	50	11	0.7								
Cantaloupe, fresh	35	7	0.5								
Craisins, Assorted Flavors	130	33	2.2								
Fruit Cocktail in light syrup	80	19	1.3								
Grapes	60	14	0.9								
Grapes & Kiwi	75	18	1.2								
Honeydew Melon	30	8	0.5								
Orange, fresh	60	15	1.0								
Peaches, canned	70	17	1.1								
Pears, canned	80	19	1.3								
Pears, fresh	95	25	1.7								
Pineapple Tidbits	70	17	1.1								
Rainbow Pears	80	18	1.2								
Raisins	120	33	2.2								
Raisels, Assorted Flavors	140	35	2.3								
Strawberries, cup	80	21	1.4								
Strawberries, frozen	80	22	1.5								
Strawberries with sugar	120	29	1.9								
Watermelon	30	8	0.5								
<b>Vegetables (per ½ cup)</b>	<b>Kcal</b>	<b>Carbs (g)</b>	<b>Carbs Svg</b>	<b>Egg</b>	<b>Gluten</b>	<b>Milk</b>	<b>Peanut</b>	<b>Shellfish /Fish</b>	<b>Soy</b>	<b>Tree Nuts</b>	<b>Wheat</b>
Beans, Baked	100	18	1.2								
Beans, Ranchero	100	19	1.3								
Beans, Refried	160	27	1.8								
Beans, Taco Fiesta Black	110	20	1.3								
Broccoli with Cheese	60	5	0.3			Milk			Soy		
Broccoli, Steamed	20	3	0.2								
California Blend	25	6	0.4								
Carrot & Celery Dippers	20	4	0.3								
Carrot & Cucumber Dippers	20	4	0.3								
Carrot & Jicama Dippers	25	6	0.4								
Cascade Blend	25	5	0.3								
Chili Beans	110	20	1.3								
Chili Beans (2 oz)	55	10	0.7								
Corn	80	17	1.1								
Garden Blend	20	4	0.3								
Green Beans	23	4	0.3								
Lettuce and Tomato	3	<1	0.0								
Mashed Potato	80	17	1.1			Milk					
Mixed Green Salad	10	3	0.2								
Peas & Carrots	40	10	0.7								
Potato, Baked	200	37	2.5								

Potato Rounds	130	16	1.1								
Seasoned Green Beans	25	5	0.3								
Spring Blend	30	5	0.3								
Squash	30	8	0.5								
Stir Fry Vegetables	25	5	0.3								
<b>Gluten FREE Items</b>	<b>Kcal</b>	<b>Carbs (g)</b>	<b>Carbs Svg</b>	<b>Egg</b>	<b>Gluten</b>	<b>Milk</b>	<b>Peanut</b>	<b>Shellfish/Fish</b>	<b>Soy</b>	<b>Tree Nuts</b>	<b>Wheat</b>
Bread, sliced (1)	120	21	1.5	Egg							
Chicken breast chunks	130	10	0.7								
Hamburger Bun	180	31	2.1	Egg							
Penne Pasta (1/2 cup)	100	22	1.5								
Pizza Crust, 8" round	170	35	2.3								
GF Tortilla Plain	170	27	1.8	Egg							
<b>Grains (per serving)</b>	<b>Kcal</b>	<b>Carbs (g)</b>	<b>Carbs Svg</b>	<b>Egg</b>	<b>Gluten</b>	<b>Milk</b>	<b>Peanut</b>	<b>Shellfish/Fish</b>	<b>Soy</b>	<b>Tree Nuts</b>	<b>Wheat</b>
Breadsticks (1)	80	15	1.0	Egg	Glu	Milk			Soy		Wheat
Brown Steamed Rice (1/2 cup)	120	22	1.5								
Hamburger Bun	140	29	1.9		Glu				Soy		Wheat
Hot Dog Bun	130	26	1.7		Glu						Wheat
Mexican-flavored Rice	120	22	1.5		Glu	Milk			Soy		Wheat
Sliced Bread	70	13	0.9		Glu				Soy		Wheat
Slider Bun	90	16	1.1		Glu				Soy		Wheat
Tapatia Shells (2)	170	22	1.5								
Tortilla, Flour (8-in)	170	31	2.1		Glu						Wheat
Whole Grain Roll (2 oz)	140	26	1.7		Glu						Wheat
<b>Beverages (per svg)</b>	<b>Kcal</b>	<b>Carbs (g)</b>	<b>Carbs Svg</b>	<b>Egg</b>	<b>Gluten</b>	<b>Milk</b>	<b>Peanut</b>	<b>Shellfish/Fish</b>	<b>Soy</b>	<b>Tree Nuts</b>	<b>Wheat</b>
Milk, Chocolate	130	23	1.5			Milk					
Milk, Lowfat (1%)	100	12	0.8			Milk					
Milk, Skim	90	12	0.8			Milk					
Milk, Strawberry	140	28	1.7			Milk					
Juice, Apple	55	15	1.0								
Juice, Apple Cherry	60	14	0.9								
Juice, Grape	80	18	1.2								
Juice, Orange	55	14	0.9								
BRS Juice, Apple	60	14	0.9								
BRS Juice, Fruit Punch	60	15	1.0								
BRS Juice, White Grape	80	20	1.3								
BRS Juice, Orange Tangerine	60	15	1.0								
BRS Juice, Cranberry Raspberry	60	13	0.9								
Soy Milk, Vanilla	110	11	0.7						Soy		
Soy Milk, Chocolate	150	21	1.4						Soy		
<b>Condiments</b>	<b>Kcal</b>	<b>Carbs (g)</b>	<b>Carbs Svg</b>	<b>Egg</b>	<b>Gluten</b>	<b>Milk</b>	<b>Peanut</b>	<b>Shellfish/Fish</b>	<b>Soy</b>	<b>Tree Nuts</b>	<b>Wheat</b>
Balsamic Vinaigrette	30	4	0.3								
BBQ Sauce (2 Tbsps.)	40	9	0.6								
Brown Gravy- Poultry	20	4	0.3	Egg	Glu	Milk			Soy		Wheat

Buttermilk Ranch Dressing	10	2	0.0	Egg		Milk					
French Dressing	50	2	0.0								
Grape Jelly (1/2 Tbsp.)	30	8	0.5								
Honey Mustard	70	5	0.3								
Italian Dressing Fat Free	5	1	0.0								
Ketchup (1 packet)	15	3	0.2								
Marinara Sauce Cup	40	8	0.5								
Mayonnaise	25	1	0.0	Egg							
Mustard	5	<1	0.0								
Peanut Butter (1 Tbsp.)	100	3	0.2				Peanuts				
SunButter Creamy (2Tbsp.)	200	7	0.5						Soy		
Raspberry Fat Free Salad Dressing (1 packet)	45	12	0.8								
Syrup (1 oz)	50	7	0.5								

Average Amount of Carbs:

- per ½ cup of Fruit: ≈ 8 – 15 grams
- Per 1.0 oz of Grain: ≈ 15 grams
- Per ½ cup of Non-Starchy Vegetables: ≈ 5 grams
- Per ½ cup of Leafy Vegetables: average of ≈ 2 grams

\* Menu item may contain MILK. Please contact Cafeteria Manager.